



The Journal

Vol. 28

No. 26

www.dcmilitary.com/journal/

June 30, 2016



PHOTO BY AIRMAN MATTHEW HOBSON

Members from the Multicultural Awareness Committee and Naval Support Activity Bethesda (NSAB) leadership pose for a photo after an LGBT pride observance aboard NSAB June 24.

NSAB's Multicultural Awareness Committee Holds LGBT Observance

By MC3 WILLIAM PHILLIPS
NSAB Public Affairs staff writer

Naval Support Activity's (NSAB) Multicultural Awareness Committee (MAC) recognized LGBT Pride Month June 23.

President Barack Obama declared June as Lesbian, Gay, Bisexual and Transgender Pride Month, and the Department of Defense (DoD) is highlighting the importance of leadership as it celebrates the achievements and sacrifices of LGBT service members and civilians.

"Since June celebrates LGBT [Pride] month, we already had the event planned to inform [service members] about the LGBT community," said Master-At-Arms Second Class Veronica Robinson, MAC vice president. "But after the Pulse nightclub shooting in Orlando we used the event as a platform to spread the word to move from tolerance to acceptance."

"This is our first LGBT awareness [event] here on NSAB I am proud to be a part of the event as commanding officer," said Capt. Marvin L. Jones, commanding officer of NSAB. "As we talk about this

subject and look back over history it has been a long-fought battle for equality."

One of the missions of the MAC is to provide information to educate service members of other cultures in the world.

"It is important to have events like this to show the people here that there are cultures different from the one they grew up belonging to in the world," said Robinson.

After the shooting at Pulse nightclub in Orlando, the MAC wanted to highlight why events like this are important.

"We had a tribute for the victims of

the shooting in Orlando," said Personnel specialist Seaman Rafeal Daniels, President of MAC. "It is a perfect example of what hate and lack of knowledge about a certain culture can turn into."

For more information about LGBT Pride Month in the DoD go to <http://www.defense.gov/News-Article-View/Article/604758/dods-pride-month-celebration-highlights-lgbt-leadership>

And for more information on the Multicultural Awareness Committee email PSSN Daniels at Rafeal.d.daniels.mil@mail.mil

Commander's Column: Happy Fourth of July

Next Monday, our country will celebrate its 240th year of existence.

Two hundred and forty years! That's quite a legacy. I simply marvel at how far this country has grown from its humble beginnings. As we pause to celebrate our nation's birth, I trust that we'll all take time to reflect and realize that we have much to be grateful for and much to be proud of.

Certainly, in some ways, life is more complicated than it was 240 years ago. Yet, there are also many things that have not changed.

For example, as Americans, as citizens of this great nation, we still need each other – just as our forefathers did during the Revolutionary War when they stood up to the world's premier power and declared our freedom. Despite long odds and threats of death, ruin and destruction, our country and its dedicated band of patriots stood firm and overcame. Today, America is still a place where the impossible becomes possible.

More than ever, our country is a melting pot of all races, creeds, colors, beliefs, orientations, hopes and dreams. Our diversity, complimented by our audacity, is our strength. Through it, we reach farther, we try harder and we dream bigger.

We Americans have our differences. And as we leverage those differences, they too become our strength. We freely argue and debate — because we can. The benefit of being a democracy allows us the freedom to do so. However, when facing troubles, challenges and difficulties as a nation, it's my continued hope and prayers that we do so just as we always have – standing together. Let that be a reassuring promise to our allies – and a resolute promise to our enemies.

America is not just a nation — we are so much more. We are a dream — an ideal. We don't just exist — we thrive. We test and break boundaries to make them better. We are citizens bearing weathered hands and weary eyes that have fought and witnessed multiple wars in the last century. Yet, we are resilient and prepared for the next challenge. We have struggled for and beheld the advent of civil rights in our country, paving the pathway today for acceptance of all cultures and equality for all citizens. We have embraced technological advances that many would never have imagined.

We are America.



Capt. Marvin L. Jones
NSAB Commanding Officer

So this Fourth of July, as you enjoy time with your loved ones and honor our country's independence, please ponder the 240 years of American resolve, dreams, grit and spirit that make this holiday special and makes this nation the land of opportunity for all. Be proud to be an American. I couldn't be prouder to serve and work with each of you.

As always, please remember and appreciate our service members who can't be with their loved ones this weekend as they defend our nation on land, sea, air and space.

Happy Fourth of July and Happy Birthday to the United States of America!

Bethesda Notebook

The Navy & Marine Corps Relief Society Office will be closed this Friday, July 1 and Monday, July 4. For emergencies during these days, call the American Red Cross at (877) 272-7337 for assistance.

The NEX will be closing early July 4. The hours will be 9 a.m. to 6 p.m. The Food Court will be closed at 5 p.m.

Dunkin' Donuts and Subway will be open from 7 a.m. to 1 p.m. July 2-4.

Wendy's will be open from 10 a.m. to 8 p.m. July 2 to July 4.

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

Published by offset every Thursday by DC Military, 29088 Airpark Drive, Easton, MD 21601, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md.

News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at DC Military, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 301-645-0900.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

Journal Staff

Supervising Editor	Ronald D. Inman
Managing Editor	MC3 William Phillips
WRNMMC Editor	Bernard Little
Staff Writers	MC1 Christopher Krucke Andrew Damstedt Sharon Renee Taylor Joseph Nieves Jamie Petroskey
Photojournalist	Airman Matthew Hobson
NSA Bethesda	
Fleet And Family Support Center	301-319-4087

NSAB Emergency Information Line 301-295-6246

NSAB Ombudsman

Michelle Herrera 240-370-5421

NSAB Chaplain's Office 301-319-4443/4706

Installation SARC

Kimberley Agnew 301-400-2411

Monique Green 301-400-3366

Troop Command SARC

Rosemary Galvan 301-319-3844

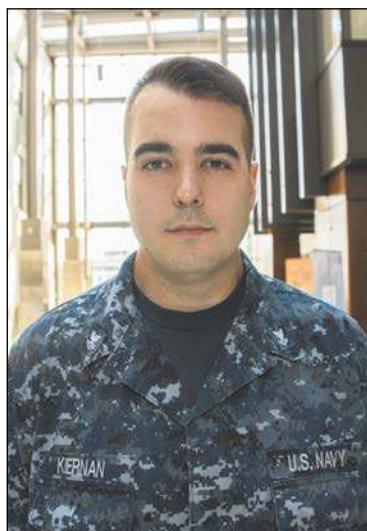
SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

From The Deckplates

What does Independence Day mean to you? Why do you Serve?

PHOTOS BY AIRMAN MATTHEW HOBSON



HM2 James Kiernan

Independence day for me is really a time to reflect about when we became America, to remember where we came from and to think about how nice it is have to what we do.

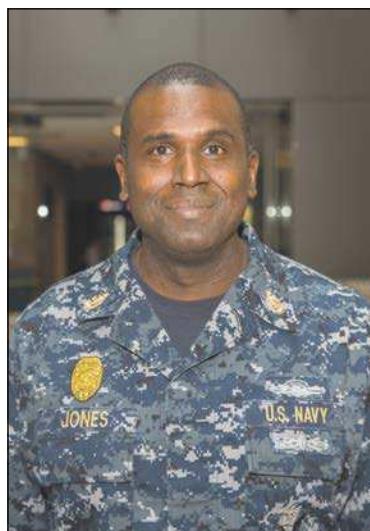
It's an honor but it's not an honor. It's doing your due diligence.



MA3 Shannell James

Independence Day means unity as a nation. To celebrate the past and present America.

It makes me proud to give back for everything that we're blessed to have.



MACS Dietrick L. Jones

Independence Day is about the many men and women who have made sacrifices for our country and the freedoms that we enjoy and understanding what it means to be an American.

Serving in the military means being able to carry on the legacy and tradition and having the opportunity to fight for freedom and democracy.



MA2 Jessica White

Independence Day is a day of celebration for all the obstacles that we have overcome as a nation and the freedoms that we have.

An opportunity to show respect and be in one accord with everyone that's fought before me along with continuing the fight tomorrow. It also means to be something of an ambassador for the country.



MA2 Veronica Robinson

Independence Day means freedom for us all. The people who fought for it then, and the men and women who fight for it now.

Serving in the military is an honor because I get to fight for our freedoms and stand for what many have stood for before me. I get to stand unified in the ranks with different people from different backgrounds where we all come together to complete the mission.

Medical Center Tests Rapid Response Shelter

By MC1 CHRISTOPHER KRUCKE
WRNMMC Public Affairs staff writer

Twenty volunteers took to the challenge of erecting the Rapid Response Shelter (RRS) in front of Walter Reed National Military Medical Center's (WRNMMC) historic Tower June 13.

"The crew went great. The working party came from all over the hospital. They all showed up on time, and we got it done in about half the time as [it took] previous[ly]," said John Skelly, emergency management program director for the Department of Emergency Management at WRNMMC.

Skelly was in charge of training the group of volunteers as they tested the RRS to ensure it had no leaks and all the equipment worked as designed.

The RRS is an inflatable, modular design, self-sustaining tent that has the capacity to serve as a 25-bed hospital in a controlled atmosphere, external to the main hospital.

"It gives us another tool in our toolbox. If we need to



PHOTOS BY MC1 CHRISTOPHER KRUCKE

(Left) A Soldier helps set up the Rapid Response Shelter in front of Walter Reed National Military Medical Center's historic Tower June 13. (Right) Service members and civilians roll out part of the Rapid Response Shelter (RRS) during setup in front of Walter Reed National Military Medical Center's historic Tower on June 13. The RRS is an inflatable, modular design, self-sustaining tent that has the capacity to serve as a 25-bed hospital in a controlled atmosphere, external to the main hospital in case of emergencies.

Rice Reflects on Years as USU President

By ANDREW DAMSTEDT
NSAB Public Affairs staff writer

At his final town hall as president of the Uniformed Services University of the Health Sciences (USU), Dr. Charles L. Rice reflected on his 11 years at the helm and projected a bright future ahead for the military medical school.

Rice became the university's fifth president in 2005 at a time when he said there were questions as to whether the university was a necessary institution.

"Today, that question is not on the table," Rice said. "Today it is assumed that USU is essential. We are growing, steadily improving and leading. Our imprint on military medicine and public health is recognized and is taken as a given that we will be educating, discovering and innovating and serving for decades to come."

Another reflection of Rice's involved the many handshakes he's given as university president, including with members of Congress, government officials, senior members of the Armed Forces and dignitaries of other nations.

"I've shaken hands with our faculty and staff as they've joined the USU community and when they've moved on," Rice said. "I've shaken people's hands for awards, promotions, and changes of commands."



PHOTO BY ANDREW DAMSTEDT

Outgoing Uniformed Services University (USU) President Dr. Charles L. Rice delivers his final address at a USU town hall June 23 in the Sanford Auditorium.

But, he said, the most solemn and rewarding experience is when he gives handshakes at USU's commencement.

"Over these 11 years, I've stood on stages and I've conferred degrees to literally thousands of extraordinary men and women who have devoted

their lives to care for others," Rice said. "From those stages, USU alumni have deployed to some of the most challenging and dangerous environments in the world caring for countless thousands of wounded and sick members of the U.S. and Allied Forces."

He called it an extraordinary privilege to lead USU and highlighted some accomplishments that have happened during his tenure. Some endeavors he mentioned were an increase in cutting-edge research at USU, creation and expansion of the Postgraduate Dental College and establishment of the Enlisted to Medical Degree Preparatory Program.

"We've assembled an extraordinary leadership team, including new deans in the School of Medicine, Graduate School of Nursing and Postgraduate Dental College," he said. "We've established a fully-accredited branch of the campus in San Antonio and now a new site in San Diego. We've expanded our international linkages and established a center for global health engagement in support of combatant commanders."

His last day as president is set for July 24 and incoming president, retired Army Maj. Gen. Richard Thomas, will have his first day July 25.

"What an extraordinary privilege it has been to lead this university," Rice said.

A reception honoring Rice is set for June 30 from 3 p.m. to 6 p.m. in the USU dining room.

Dr. Paul Florentino Memorial Plaque Unveiled

Physician Focused on Patient, Family-Centered Care

By SHARON RENEE TAYLOR
WRNMMC Public Affairs staff writer

The Walter Reed National Military Medical Center (WRNMMC) community paid homage to Dr. Paul F. Florentino with the unveiling of a sculptured plaque of the late physician June 17. The civilian pulmonary/internal medicine specialist is credited with initiating the concept of patient- and family-centered care at the flagship of military medicine in 2003.

Now recognized as Integrated Patient-Centered Medical Home, the approach to health care delivery advocated by Florentino allows patients to take charge of their health through open collaboration, active participation, unbiased information sharing, as well as mutual dignity and respect.

"He had been a true shaker and mover as the director," said retired Vice Adm. (Dr.) Matthew L. Nathan, who worked with Florentino while serving as the commander of National Naval Medical Center (NNMC). Nathan also served as the 37th Surgeon General of the U.S. Navy from 2011 to 2015.

Nathan joined Florentino's life partner Chris A.F. Pedersen to unveil the bronze relief statue of Florentino created by artist Robert Shure. The memorial installed on a wall in the Arrowhead Bldg. 9, honors WRNMMC staffers who exemplify patient-centered care at the medical center.

Former colleagues, such as Navy Capt. (Dr.) Kevin



PHOTO BY SHARON RENEE TAYLOR

From left, a friend and former colleague of Dr. Paul Florentino, as well as Florentino's life partner Chris A.F. Pedersen (right) admire the bronze relief statue of the late physician created by artist Robert Shure.

Dorrance, Chief Medical Officer of the Navy Bureau of Medicine, offered reflections of their experiences working with Florentino, who died in 2011. The late physician's mother Rose Florentino attended the tear-filled memorial surrounded by family, along with his friends and former colleagues.

Lina R. Kubli, chair of WRNMMC's Patient and Family-Centered Care Committee, introduced the first annual poster/podium competition named in honor of the late physician. The contest is tentatively scheduled to launch Winter 2017.

Florentino helped shift the paradigm of care from physician and patient-centered to physician, patient- and family-centered care, acknowledging the pivotal involvement of the patient's family in treatment. To continue his legacy, the poster/podium competition is open to any WRNMMC department or team that collectively initiates research, innovation, or process improvement to benefit patient- and family-centered care.

Born in Brooklyn, Florentino received his undergraduate degree magna cum laude from Colgate University and his medical degree cum laude from the St. Louis University School of Medicine. He completed his training in Internal Medicine at Cornell Cooperating Hospitals-Memorial Sloan Kettering and North Shore University Hospitals.

He served as an Air Force flight surgeon following residency. Later, he joined the faculty at the Uniformed Services University of the Health Sciences as a civilian pulmonary/internal medicine specialist.

Florentino served as deputy commander of Medical Services at NNMC, the only civilian to do so. Engaged in a lifelong pursuit of clinical excellence and dedication to internal medicine, he is cited for his vital contributions to assist in the major transitions involved in the merger of Walter Reed Army Medical Center and NNMC at Bethesda, WRNMMC's predecessors.

Florentino died at age 56 on June 19, 2011 and is buried in Arlington National Cemetery.

First EMDP2 Class Ready for Medical School

By ANDREW DAMSTEDT

NSAB Public Affairs staff writer

Five Airmen were commissioned to the rank of second lieutenant at a ceremony at the Uniformed Services University of the Health Sciences (USU) June 23 marking the completion of their two years in the Enlisted to Medical Degree Preparatory Program (EMDP2).

The five Airmen were part of the inaugural EMDP2 cohort, which also included four Soldiers who received their commissions at a separate ceremony at Fort Sam Houston June 10.

"It's an honor being part of the first class," said Airman 2nd Lt. Lindsay Slimski. "It's something that I would never have dreamed in a million years. I always wanted to be a doctor but I never knew how to do it."

Slimski said she took pre-med courses before joining the Air Force 11 years ago, but because of finances didn't continue to pursue her dream of becoming a doctor until she heard about the EMDP2 program. When she starts at USU, she said she is interested in neurology and radiology but admits that she could change her mind after being exposed to more options during medical school.

USU President (Dr.) Charles Rice said the first EMDP2 class had exceeded the expectations of what this program was established to accomplish.

"We're so delighted to be able to recognize them and commission them as second lieutenants today," Rice said.

EMDP2 is a two-year program that enables highly-qualified enlisted service members to complete



PHOTO BY ANDREW DAMSTEDT

Kenneth Johnson and Joseph Merfeld receive their commission to the rank of second lieutenant June 23 while the other Air Force members from the first class of the Enlisted to Medical Degree Preparatory Program stand at attention at a ceremony at the Uniformed Services University of the Health Sciences.

preparatory coursework to apply to medical school while maintaining active duty status. The courses are held at the George Mason University-Prince William campus in Manassas, Virginia.

The U.S. Air Force was the first to sign off on the program, as was noted by keynote speaker retired Lt. Gen. Thomas W. Travis, USU senior vice president and former Air Force surgeon general.

"I'm proud to have had a small part of this to say

'Yep, the Air Force is in,' which tends to be, and this is no slam on the other services, the Air Force tends to say that first, we just do," Travis said.

The other branches of the Armed Forces have joined in on the program. The twelve members of the second cohort consist of seven Soldiers, three Airmen and two Marines; and the third cohort includes seven Soldiers, six Airmen, five Sailors and one Marine.

The program accepts enlisted service members who have a bachelor's degree and are looking to apply to medical school. Each service has its own criteria for applying and selects its candidates.

Travis said their enlisted experience will help them at USU.

"Your service experience, your life experience — you have an obligation and I'm going to request it of you — don't hold back, share it with those in your class of 2020 who have not had prior service," Travis said. "The enlisted perspective that you bring to this is a level of maturity that is going to really benefit your class."

In addition to Slimski, the four other Airmen who received their commission as second lieutenants at the June 23 ceremony were Kenneth Johnson, Matthew Little, Jeremy Mears, and Joseph Merfeld.

The four Soldiers who advanced to second lieutenant at the Fort Sam Houston ceremony were Claude 'Alex' Blereau, Stephen Capen, Steve Radloff and Joshua Richter.

All nine of the EMDP2 graduates are starting their first year of medical school at USU in the fall.

More information on the program is found on USU's website at <https://www.usuhs.edu/emdp2>.

GME Graduates Praise WRNMMC Experience

Providers Focused On Caring For Nation's Heroes, Families

By BERNARD S. LITTLE AND MC1 CHRISTOPHER KRUCKE

It was a sea of blue and white uniforms as interns, residents and fellows graduated from various specialties in the National Capital Consortium Graduate Medical Education program during a ceremony in Strathmore Music Center in Bethesda June 17.

The multi-service graduates trained in NCC GME programs at Walter Reed National Military Medical Center (WRNMMC), Uniformed Services University of the Health Sciences (USUHS), Fort Belvoir Community Hospital, Malcolm Grow Medical Clinics and Surgery Center and other medical treatment facilities in the region. They completed programs in such specialties as surgery, internal medicine, pediatrics, family medicine, obstetrics and gynecology, cardiology, rheumatology, hematology-oncology and other sub-specialties and concentrations.

The physicians and allied health professionals from all services and their civilian counterparts completed three to seven years of training, providing much of the frontline care to beneficiaries, as well as accomplishing research and academic achievements, according to Army Col. (Dr.) Clifton E. Yu, chief of GME at WRNMMC.

Some of the graduates who completed their internships will remain at WRNMMC for their



PHOTO BY MC1 CHRISTOPHER KRUCKE

More than 200 interns, residents and fellows from the Navy, Army, Air Force and their civilian counterparts graduated from various specialties in the National Capital Consortium Graduate Medical Education program during a ceremony in Strathmore Music Center in Bethesda June 17.

residences, while others will be going to various locations continuing to serve Sailors, Soldiers and Marines as flight surgeons, undersea medical officers or general medical officers within Army brigades, Navy fleets or the Marines.

Some residency graduates will also remain at WRNMMC for fellowship training, while others will do fellowships elsewhere in their specialties. Some graduating residents will also go on their first utilization tours at diverse locations around the globe.

One of those graduates is Army Maj. (Dr.) Vincente

Nelson, who said, "The general surgery residency here at Walter Reed was a unique experience. When we were interns back in 2010, the war was still very much fluid. We saw a lot of casualties and we learned how to treat complex wounds, and over the years as the war slowed down, we were able to see more general surgeries and complex procedures," he added.

Navy Lt. Cmdr. (Dr.) John Maddox, another recent NCC graduate, agreed. "It's an amazing experience coming to Walter Reed where you can get training that you cannot get anywhere else. The experience of taking care of Wounded Warriors is why I have chosen to come back here. It's a unique spot in a unique place."

"Walter Reed has truly been a family for me," added Navy Lt. (Dr.) Michelle Gage, another general surgery residency graduate. "I have had the privilege of training with my fellow residents for the last six years, and with four [of the residents] I attended the [Uniformed Services University of the Health Sciences] [with], so I have been with them for literally a decade."

"The bond that you form when you are in the hospital taking care of patients is just something that is very unique, and the mentorship in our hospital is second to none. It has truly been a very rewarding and honorable experience," Gage said.

More than 200 health-care providers received diplomas during the graduation. According to National Capital Region Medical Directorate officials, there are more than 1,200 faculty members providing nearly 70 training programs to over 700 trainees as part of the NCC GME program.

WRNMMC's Pediatric Department Unveils ICU, Playroom Renovations

By WRNMMC PUBLIC AFFAIRS OFFICE

The military's premier medical center, Walter Reed National Military Medical Center (WRNMMC), unveiled a newly-renovated pediatric playroom and pediatric intensive care unit (PICU) art design project June 14, upholding the standard of care to heal the nation's littlest warriors.

The PICU art project team at WRNMMC joined with the National Art Honors Society at Damascus High School of Damascus, Md., to produce the aquatic-themed art design project located in the PICU, with a focus on creating a healing environment.

The comprehensive and state-of-the-art pediatric inpatient facility encompasses 17 private patient rooms, five PICU rooms and a specialized 26-bed level III neonatal intensive care unit. WRNMMC serves as the military's regional referral center for critically-ill and premature infants because of its highly-trained and specialized medical teams and staff.

The newly-renovated pediatric playroom is also designed to enhance patient care and promote a family-centered environment. The playroom includes designated areas for various activities in an organized and modern space.

At its center, the playroom features a replica of a large tree with opaque leaves which allow soft lighting to shine through, contributing to the playful and soothing environment.

Army Col. (Dr.) Margret Merino, outgoing chief of WRNMMC's Department of Pediatrics, explained the PICU is where "children and young adults come in sometimes very difficult situations, to heal. They come here to get a higher level of medical care because they've had major surgery or they've undergone a setback in their chronic illness. The decorating project reminds us that even under the most stressful circumstances, we can strive to provide a pediatric-friendly and compassionate, fun environment for our patients to recover in.

"The two pediatric projects create environments that really celebrate children," Merino continued. "We've been able to transform these areas into therapeutic environments that support the human process."

Merino added, "Many studies have shown a direct link between patient health and quality, and how a hospital is designed. Art creates a healing environment, reduces stress, lifts spirits and reduces pain."

She explained, "The walls [of the PICU] are painted a dark blue to represent the deep sea, light blue for the shallow water, green for the algae, and in the [PICU] rooms, the colors represent the sky, land and trees. The other pastels and primary colors are comforting for kids, their parents and other family members."

The pediatric playroom was formerly two patient rooms, Merino said. "Now it fits with what we



PHOTO BY BERNARD S. LITTLE

Members of the Pediatric Intensive Care Unit (PICU) Art Project Team, who donated more than 20 hours each painting the murals inside the newly redecorated PICU, attended the dedication and received a command coin from Army Col. (Dr.) Margret Merino, outgoing chief, Department of Pediatrics.

can say is the compassionate and caring way our wonderful pediatric nurses, physicians, therapists and social workers provide [health care] to our patients every day."

Army Col. Michael Heimall, WRNMMC's director, added health care is "the greatest human-to-human endeavor that anybody will ever be involved in. A patient is not a statistic on a spreadsheet [or] a sample in the lab to be analyzed. The patient is often [an ill] young child [with] a family who is terrified about what's going to happen to him. It's the human contact in a healing, caring environment [with] a patient- and family-centered, evidence-based design, [that produces] better outcomes for our patients."



AAA CAR CARE CENTERS

Frederick | 240-397-7414
5620 Buckeystown Pike

Gaithersburg | 301-795-3050
16045 Shady Grove Road

Go to AAA.com/CarCare to schedule your next service today!

For Auto Repairs and Maintenance, Travel Planning, Membership, Insurance, and more!

Open to Members and nonmembers:

- AAA Owned and Operated
- Courteous, Honest Service
- Open 7 Days a Week
- FREE Shuttle Service and FREE WiFi
- 2 year/24,000 Mile Warranty on Repairs*
- Member Labor Discounts
- And more...

\$19.95 DELUXE OIL CHANGE

or \$10.00 off Regular Price of Synthetic/High Mileage Oil Change

Auto repair services available only at AAA Mid-Atlantic owned and operated Car Care Centers. This coupon valid only at time of service; not valid if reproduced, may be redeemed only once, has no cash value and may not be redeemed for cash. Discount off regular prices. May not be combined with any other offer. Special blend motor oils available at additional cost. Plus \$2 disposal fee (wheel permitted). Offer valid for up to 5 quarts and on most vehicles. See service advisor for details. Service Advisor Instructions: please enter 801995312150 barcode. Offer expires: 12/31/16

*For AAA Members. Nonmembers receive 1-year/12,000-mile warranty on repairs.

©2016 AAA Club Alliance Inc.

This Week in History

June 30, 1919 Ed Yost, American inventor of hot air balloon, born.

July 1, 1863 American Civil War Battle of Gettysburg begins.

July 2, 1776 The Continental Congress adopts a resolution severing ties with the Kingdom of Great Britain although the wording of the formal Declaration of Independence is not approved until July 4.

July 3, 1890 Idaho is admitted as the 43rd U.S. state

July 4, 1886 The people of France offer the Statue of Liberty to the people of the United States.

July 5, 1971 Right to Vote: the 26th Amendment to the United States Constitution, lowering the voting Age from 21 to 18 years, is formally certified by President Richard Nixon.

July 6, 1986 Davis Phinney becomes the first American cyclist to win a road stage of the Tour de France.

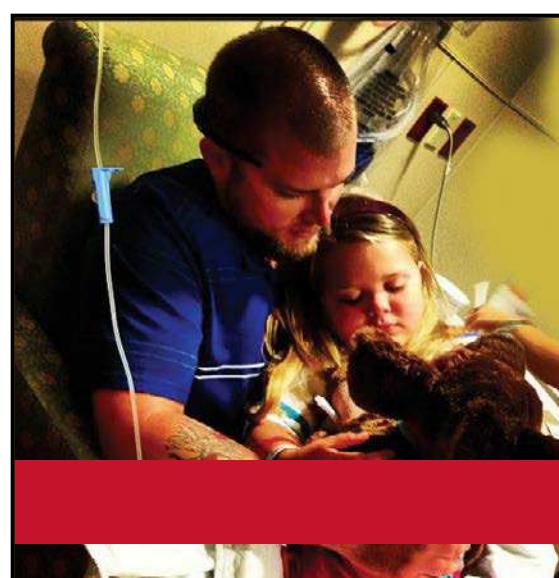
Netty's Salon

We want to thank you for your service!

FREE Haircuts
For NSA Bethesda Personnel

Every Friday 11:00pm - 2:00pm Through July 29, 2016.
For additional services fees would apply. Please cut and bring coupon to Redeem.

1085 Rockville Pike Rockville, MD 20852
301-340-0044 • www.Netty'sSalon.com



Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. WWFS aids veterans and their families in healing the wounds that medicine cannot.

Visit wwfs.org for more information about our veteran programs.



CFC# 81534

Sailors Promoted, Frocked At WRNMMC

By BERNARD S. LITTLE

WRNMMC Public Affairs staff writer

Ebenezer K. Atekwana and Sonita A. Pacheco joined a select few when they were promoted to senior chiefs in the U.S. Navy during a ceremony June 14 in the rotunda of the historic Tower at Walter Reed National Military Medical Center (WRNMMC).

The promotion of the two followed the frocking of more than 40 Sailors at WRNMMC June 13. The newly frocked petty officers selected for advancement are authorized to wear the insignia of their higher grade before their official dates of promotion.

According to the Department of the Navy, senior chiefs comprise about 2 percent of the enlisted Navy force. The total number of chiefs, senior chiefs and master chiefs on active duty at any given time is about 10 percent of the total number of the Navy's enlisted force. Chiefs make up about 7 percent, senior chiefs about 2 percent, master chiefs are less than 1 percent of Navy enlisted personnel.

Atekwana's and Pacheco's promotions "[carry] the obligation [they] exercise increased authority and willingly accept greater responsibility," according to letters the two received for WRNMMC director, Army Col. Michael S. Heimall. "Occupying a position of greater authority, you must strive with renewed dedication toward the valued ideal of service with honor," the colonel added.

"I feel humbled about my promotion," Atekwana said. "I feel humbled that the United States Navy selected me to be a senior chief petty officer because it simply demonstrates the trust and confidence bestowed on me by the world's finest Navy," said Sailor, originally from Cameroon in West Africa.

Atekwana offered the following advice for younger Sailors wanting to advance in rank as he has: "Be loyal to your chain of command; understand the mission of your work, and see where you fit in the whole picture. Keep it simple and remember the basics from boot camp. The Navy core values, Honor, Courage and Commitment, and the Sailor's Creed, should be at the foundation of all your actions and decisions as a Sailor."



PHOTO BY MC1 CHRISTOPHER KRUCKE

Walter Reed National Military Medical Center (WRNMMC) Director, Army Col. Michael S. Heimall (top row, far left) and WRNMMC Command Master Chief Tyrone Willis (top row, far right) were on hand to congratulate more than 40 Sailors frocked during a ceremony at WRNMMC June 13 in Memorial Auditorium.

DELIVERING LUXURY TO OUR
TROOPS AND VETERANS

Audi Bethesda

7106 Woodmont Avenue, Chevy Chase, MD 20815
www.audibethesda.com



SPECIAL MILITARY PRICING
We will make your first three payments*
Call 240-762-5700 for more information

*First three payments or up to \$350 per month, whichever is less. See dealer for complete details.
Only valid at Audi Bethesda. Offer expires July 31, 2016.

**WENDT CENTER
FOR LOSS AND HEALING**



Free, confidential,
short-term counseling for
active duty military, veterans,
retirees, and their families
experiencing grief, loss, or trauma.

Call 202-624-1101 ext. 124

WRNMMC Holds Orlando Memorial Service

PHOTOS BY MC1 CHRISTOPHER KRUCKE

During a special memorial service in Walter Reed National Military Medical Center June 15, Army Chaplain (Maj.) Susan Caswell and other staff members of the Department of Ministry and Pastoral Care light candles in remembrance of the victims of the shooting at an Orlando nightclub in which a gunman killed 49 people.



MakingCents

NAVY FEDERAL Credit Union

ARMY MARINE CORPS NAVY AIR FORCE COAST GUARD FAMILY

Federally insured by NCUA. © 2016 Navy Federal NCU 13567 (6-16)

[f](#) [t](#) EQUAL HOUSING LENDER

Smart Financial Decision Making Starts Here

MakingCents gives you the clear, step-by-step information you need to make smart financial decisions. You can take charge of your financial goals through self-paced, customized learning, no matter where you are in life.

Select one or more goals and learn as you go—start and stop anytime, and we'll save your spot.

- > Buy a home
- > Improve personal finances
- > Pay for college
- > Get your first credit card
- > Manage credit
- > Purchase a car

You know where you want to go.
We can help you get there.

To get started,
visit navyfederal.org/makingcents today.



life is
eating,
laughing,
loving
and a place to
enjoy it together.

MÖRBYLÅNGA
table
\$699

TogetherWeEat.com

MÖRBYLÅNGA table \$699 Stained and waxed oak veneer.
Requires assembly. L86 $\frac{5}{8}$ x W39 $\frac{3}{8}$ x H29 $\frac{1}{8}$ ". Brown 202.937.66
See IKEA store for country of origin. Valid in US stores only.

©Inter IKEA Systems B.V. 2015

IKEA

SHELTER

From
Page 3

surge, we can set this up in a couple of hours," Skelly said. "It also gives us a closed point of dispensing in the event of a pandemic-like influenza [so] we won't have to allow sick people into the hospital to get their meds."

Navy Hospitalman Tyler Thompson, of the Emergency Department, was part of the crew that arrived before 6 a.m. to start the evolution of breaking out the equipment and rolling out the tent.

"There are two sections and these things weighed about 2,500 pounds apiece, it took a little muscle," Thompson said.

Thompson, along with the rest of the volunteers, participated in the RRS training for the first time and had to take instructions from Skelly on how to properly set up the equipment.

"We are military, so it was pretty easy. We just followed instructions. It looks complex but it's really not that hard," Thompson said. "This is important because with the way the world is now, you never know when something is going to happen and you might have to mobilize. So you always have to be ready."

Chris Gillette, WRNMMC's command emergency manager, said the medical center "needed a turnkey multipurpose shelter that could easily be set up in a short amount of time and we could not only use it for surge capabilities, we could use it for anything."

Therefore, the RRS was purchased back in 2010 as part of the Emergency Preparedness



Service members and civilians unload gear to set up the Rapid Response Shelter in front of Walter Reed National Military Medical Center June 13.

Partnership which includes Suburban Hospital, National Institutes of Health and WRNMMC.

"By merging these three facilities in the event of a disaster, we can maximize our capabilities and sustain our response by combining our resources," Gillette said. "If something happened tomorrow, a month or even a year from now, that is some type of all-hazard incident that we need a turnkey multipurpose shelter, we can set it up in a moment's notice."

Thompson, who was a nursing assistant, joined the Navy as a corpsman to get more experience and a wider scope of practice for his future career in health care, he explained.

"If you want to get into some kind of emergency management, this is the kind of thing that you are going to be working with," Thompson said. "I had a lot of fun and I would definitely do it again if asked."



Twenty volunteers took to the challenge of erecting the Rapid Response Shelter in front of Walter Reed National Military Medical Center's June 13.

WE'VE GOT YOU COVERED IN MORE WAYS THAN ONE.

USAA provides more benefits to military members than any other major financial services provider.

MILITARY MEMBER BENEFIT #14:

Up to 15% auto insurance discount when you garage your car on base.¹



➤ VISIT USAA.COM/SERVING FOR A FULL LIST OF THE BENEFITS.

¹This is a reduction in your premium for comprehensive coverage, except in CA, where it also applies to your premium for collision coverage. Not available in NY. Other restrictions apply. USAA means United Services Automobile Association and its affiliates. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, and its affiliate property and casualty insurance companies, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. Restrictions may apply to installment payment options. © 2016 USAA. 231963-0616-N





Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Help Wanted Full Time

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! Online training with the right College can get you ready! HS Diploma/GED & Computer/Internet needed. **1-888-734-6711**

Police Officer

The town of St. Michaels, MD is currently accepting applications for position of police officer. Applicants must be certified by the MD police training commission. Opportunity to practice all facets of law enforcement in a full service community oriented police department. Competitive salary and superior benefits package offered. For details, please send a letter of interest and resume to Chief Anthony Smith P.O. Box 986, St. Michaels, MD 21663 or call 410-745-9500

SURVEY Party Chief - Bay Engineering, of Annapolis MD. Must have working knowledge of construction stakeout, boundary, ALTA & topographic survey. We utilize the latest technology including robotic instrumentation & GPS. We offer a competitive salary, opportunity for advancement and excellent benefits. Forward resume to info@bayengineering.com or fax 410-897-9295.

SURVEYOR - Bay Engineering, Annapolis MD, Land Survey Technician. Must have working knowledge of construction stakeout, boundary, ALTA, topographic surveys and sub. plats. Candidate must be proficient with Auto Cadd/Civil 3D. We offer a competitive salary, opportunity for advancement and excellent benefits. info@bayengineering.com or fax 410-897-9295.

Help Wanted Part Time

School portrait co. hiring portrait photographers in N. VA, DC, MD. Flexible schedules; weekdays June-Oct w/own reliable transportation. Equipment provided. Provide resume, portfolio link to rob@vosphoto.com.

Adoptions

A childless loving couple seeks to adopt. Will be hands-on parents. Financial security. Expenses PAID. Todd & Sharon. ToddAndSharonAdopt@hotmail.com **1-844-377-4077** (FL Bar# 0150789)

Misc. Services

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704

CRUISE VACATIONS – 3, 4, 5 or 7 day cruises to the Caribbean. Start planning now to save \$\$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. For more info. call 877-270-7260 or go to NCtravel.com

HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

To place an ad
Call 301-645-0900

Travel/ Transportation

ALL INCLUSIVE RE-SORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more resorts. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Book now for 2017 and SAVE! For more info. call 877-270-7260 or go to NCtravel.com

Wanted to Buy

TOP CASH PAID FOR OLD GUITARS! 1920 - 1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjos. **1-800-401-0440**

WE BUY CAMPERS: Travel Trailers, 5th Wheels, Motor Homes, Pop-Up Campers. WILL PAY CASH! 301-535-2416

Sailboats

1980 Flying Scot #3597 19' Daysailer. Good condition, \$3000. 703-901-7422

Wanted to Buy Autos

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

To place an ad
Call 301-645-0900

Insurance



Marcus Soriano • 757.897.5288

8280 Willow Oaks Corporate Dr. #600 • Fairfax, VA
msoriano22wob@wfgmail.com • marcus.soriano.wfgoportunity.com



**Investment • FFIUL • Life insurance
401k options • Tax education**

We can help businesses with earnings and retirement plans to help maximize gains and lower taxation!
We can also help families reach life's retirement goals, help with plans to send their kids to college properly, 401k options & protect families if something happens to one or both income earners!

BUY SELL RENT HIRE TRADE SHOP SWAP FIND TO PLACE YOUR AD CALL 301-645-0900

STONEHALL



BETHESDA



OPEN TO
inspiration

**SALES GALLERY OPEN HOUSE
EVERY SATURDAY AND SUNDAY | 1PM-4PM**

7706 Woodmont Avenue, Bethesda, MD | 301.747.3602

Select your floorplan and begin tailoring your colors, options and added features.
Create a residence that is at once inspiring and welcoming.

Residences from the \$800's to over \$2M at the Corner of Woodmont and Battery

StonehallStyle.com



Prices, financing and offers subject to change without notice.
Please see a sales representative for details.

Sales by McWilliams
Ballard

 DUBALL
BW LLC